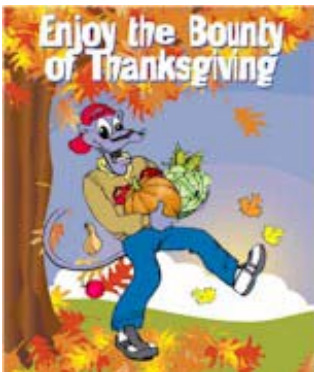


BRIGHT IDEAS

...for using the Eat Smart. Play Hard.™ materials



MAKE YOUR OWN GREETING CARDS

Kids love to make cards! Just copy the Power Panther Thanksgiving E-card onto firm paper or cardstock, gather some crayons and you are ready for kids to make cards to give to their families and friends. This is a great way to keep children of program participants happy while they wait.

Get the Thanksgiving e-card at:

<http://www.fns.usda.gov/eatsmartplayhard/collection/E-Cards/Thanksgivinge-card.jpg>

PAINT THE POWER PANTHER

Give the Power Panther sticker to the face painter at your next party or picnic as a selection for face painting. Be sure to have some brochures ready for to introduce Eat Smart. Play Hard.™ and the Power Panther!

How about giving the kids a real treat this year by including the Power Panther stickers on your packages and envelopes or in holiday gift baskets!

See:

http://www.fns.usda.gov/eatsmartplayhard/collection/collect_kids_2.html



HEALTH PROMOTION MESSAGES NOW PLAYING!

These short Eat Smart. Play Hard.™ video “ads” feature a Q&A by the Power Panther about eating fruits and vegetables, physical activity and parents as role models. They have been shown on the big screen before *Star Wars*, *Batman*, and *Bewitched* and they are available for you to show on your screens.

- ✓ Play them on televisions or monitors in schools, community centers and workplaces.
- ✓ Use them in training videos, community networking presentations and stakeholder meetings.
- ✓ Partner with area movie theatres or community programming on your local cable stations to air the messages.

For more information visit the Eat Smart. Play Hard.™ website at http://www.fns.usda.gov/eatsmartplayhard/collection/collect_tools.html

